

5 WHAT IS CLAIMED IS:

1. A support apparatus with interchangeable inserts, the support apparatus, comprising:  
Spec' 1<sup>st</sup> & 2<sup>nd</sup> surface  
10 an elongate body having a first side and a second side disposed opposite the first side, the first side having a hook and loop fastening surface disposed thereon, the elongate body having a first end and a second end opposite the first end, the first and second ends capable of being attached to each other so that the body can be disposed in end-to-end fashion;  
15 at least one <sup>loop</sup> insert having a first side and a second side opposite the first side, the second side having a hook and loop fastening surface capable of cooperating with the hook and loop fastening surface on the elongate body.
2. The apparatus of Claim 1, further comprising:  
at least one strap attached to the body at a first end of the strap and having a free second end disposed  
25 opposite the first end, the second end having a <sup>47</sup> hook and loop fastening surface disposed thereon, the strap having a cooperating hook and loop fastening surface disposed between the first and second end.
- 30 3. The apparatus of Claim 2, further comprising:  
an anchoring ring attached to the body.
4. The apparatus of Claim 1, wherein the first side of the insert has a plurality of projections.  
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5. The apparatus of Claim 1, wherein the insert is hollow such that a cavity is formed therein.

5 6. The apparatus of Claim 5, wherein a gel is disposed  
in the cavity.

7. The apparatus of Claim 5, wherein a liquid is  
disposed in the cavity.

10 8. The apparatus of Claim 5, wherein a solid material  
is disposed in the cavity.

15 9. The apparatus of Claim 1, wherein the insert  
comprises a sheet of absorbent material.

10. The apparatus of Claim 1, wherein the insert  
comprises a magnet.

20 11. The apparatus of Claim 1, wherein the insert  
comprises a perforated material.

12. A support apparatus with interchangeable inserts,  
the support apparatus, comprising:

25 13. an elongate body having a first side and a second  
side disposed opposite the first side, the first side  
having a hook and loop fastening surface disposed  
thereon;

30 at least one strap attached to the body at a first  
end of the strap and having a free second end disposed  
opposite the first end, the second end having a hook and  
loop fastening surface disposed thereon, the strap  
having a cooperating hook and loop fastening surface  
disposed between the first and second end;

35 14. an anchoring ring attached to the body; and,  
at least one insert having a first side and a  
second side opposite the first side, the second side  
having a hook and loop fastening surface capable of

spec: surface

5       cooperating with the hook and loop fastening surface of  
the elongate body.

13.   The apparatus of Claim 12, wherein the first side  
of the insert has a plurality of projections.

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14.   The apparatus of Claim 12, wherein the insert is  
hollow such that a cavity is formed therein.

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15.   The apparatus of Claim 14, wherein a gel is  
disposed in the cavity.

16.   The apparatus of Claim 14, wherein a liquid is  
disposed in the cavity.

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17.   The apparatus of Claim 14, wherein a solid material  
is disposed in the cavity.

18.   A support apparatus with interchangeable inserts,  
the support apparatus comprising:

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a base member "shaped to conform to the hand of a user", the base member having a <sup>hook</sup> ~~first side~~ and ~~a second side~~ disposed opposite the first side, the first side having a hook and loop fastening surface disposed thereon;

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at least one strap for attaching the base member to the hand of the user; and,

at least one insert having a ~~first side~~ and a ~~second side~~ opposite the first side, the second side having a hook and loop fastening surface capable of

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cooperating with the hook and loop fastening surface of the elongate body.

19.   The apparatus of Claim 18, wherein the first side of the insert has a plurality of projections.

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FIG. 6

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20. The apparatus of Claim 18, wherein the insert is hollow such that a cavity is formed therein.

10 21. The apparatus of Claim 20, wherein a gel is disposed in the cavity.

22. The apparatus of Claim 20, wherein a liquid is disposed in the cavity.

15 23. The apparatus of Claim 20, wherein a solid material is disposed in the cavity.

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100-21527-101-02